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HOW MUCH IS ENOUGH?

You need it to grow, to learn, to look good, and to stay alive behind the wheel. Take this quiz and learn why your body wants you to get more sleep.

TRUE OR FALSE

1. The average teenager needs about 8 hours of sleep every night.
2. You can make up for lost sleep by drinking caffeinated soft drinks or coffee.
3. Lack of sleep can affect performance in school, on the job, in sports, and can even make a difference in how you look.
4. Teenagers just naturally want to go to bed late and get up late.
5. Sleeping late on the weekends will make up for lost sleep during the week.
6. Driving while drowsy (struggling to stay awake) is a significant factor in traffic crashes.
7. Even a small amount of alcohol when someone is sleepy can make sleepiness worse.

ANSWERS:

1. **False.** According to recent research, many teenagers actually need 9 or more hours of sleep per night — more than their younger siblings, and more than adults.
2. **False.** Caffeinated soft drinks, or coffee, will not help you make up for lost sleep but they may help you stay awake for a short time.
3. **True.** Sleep-deprived people have difficulty concentrating or paying attention. Sleepy teens also don't look their best.
4. **True.** Scientists have discovered that teenagers' biological clocks push them toward later bedtimes and later rising times.
5. **False.** You may not be able to pay off a "sleep debt" in one or two nights. It can take several days to get back to normal.
6. **True.** According to the National Highway Traffic Safety Administration, about 26% of highway crashes involve drivers under the age of 25. Most teens may be experiencing significant "problem sleepiness."
7. **True.** One beer, when sleep-deprived, will hit as hard as two or three beers when one is well rested.



WHAT CAN YOU DO?

- ▶ Keep a log for one week to calculate how much sleep you're getting.
- ▶ Make a time chart to organize your time and to fit in more sleep.
- ▶ Never drive if you're feeling sleepy; avoid riding with a sleepy driver.
- ▶ If you're sleepy, and know you will be driving, take a nap beforehand.
- ▶ If you feel drowsy behind the wheel, stop the car. If you can, stop driving. Take a nap, or call for a lift. If you have **no other choice**, drink a caffeinated beverage.

